

loving  support
makes breastfeeding work

WIC New Food Packages Support Breastfeeding!



Bonus for Breastfeeding...

Fully breastfeeding moms get
the most food: cheese, canned
fish, beans & peanut butter...
... PLUS \$10 for fruits &
vegetables!

Fully breastfeeding babies
get more baby fruits &
vegetables!
PLUS baby meats!

Bonus!



Mom, feed your baby the
very best and get all these
foods every month, up to 1 year!

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"Fully breastfeeding" moms & babies
get more food benefits than
"partially breastfeeding".

**Breastfeeding is
normal nutrition & the best
for babies & moms!**

**If you want more food,
fully breastfeed**

- don't use formula!

**You & your baby will be
healthier, too!**

Baby's Hunger Signs

Nurse when baby shows early
signs of hunger (mouth moving,
licking lips)—crying is a late sign

Baby's Growth Spurts

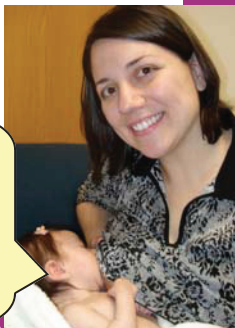
Breastfeed more often when
baby's appetite increases during
growth spurts. Your body will
make enough milk!

Signs your baby is getting
enough breastmilk

- Hear or see swallowing at breast
- 4 messy and 6-8 wet diapers
- Nurses at least 8 times in 24 hrs
- Nurses every 1 1/2—3 hrs
- Weight gain of 4-8 oz each week

Baby taking a bottle
after breastfeeding
is NOT a sign!

That makes sense!
The more I breastfeed,
the more milk you will
have for me. Please do
not give me formula!



Dana & Lily

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